Let’s Talk About Compassion Fatigue

Exposure to increasingly stressful events continues to hold a prominent place in media and news. News articles and pictures about hurricanes, tornadoes, mudslides, fires, shootings, automobile accidents, war crimes overseas, famine or food insecurity, and other poverty are frequently in our newsfeeds and on television. Additionally, people may experience trauma within their own community and personal lives. As we are exposed to our personal experiences and the consistent stories of traumatic situations and events, it is important to stop and think about the effect this exposure may have on us and to consider what we can do to take care of ourselves in the process.

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Here are steps to increase awareness of your internal warning system.

1. Develop an awareness of our current stress levels and fatigue. Being aware of changes in one's everyday functioning and well-being can help us to cue in to our needs and develop coping strategies earlier in the process.
2. Create balance in our lives. Creating a sense of balance between our commitments and self-care can provide a sense of pleasure and creativity beyond our everyday activities. This process may seem daunting or feel selfish for some people. However, making the time to take care of yourself is not selfish because you are important, too.

3. Develop resilience within ourselves. Create an ongoing plan for coping and self-care in an intentional manner based on what we CAN control in our lives.
4. Make a change that works. This requires a commitment to that change. A strong commitment involves taking the time to write down our goals, having someone in our life that will hold us accountable, and developing goals that are explicit and easily measured. Generally speaking, we do better when we start with small goals, like walking from the end of the parking lot rather than trying to park in front of the store.

So, what is one step that you can take this month to care for yourself and create some change? For more information call the Counseling Center at 765-285-1736.

You Might Want to Know

April Seminars
The Counseling Center will be offering daily one-hour drop-in seminars, starting April 8, 2019, and are open to ALL students on campus. Seminars will take place daily for the remainder of the semester at the following times: Mondays/Tuesdays/Fridays at 4pm and Wednesdays/Thursdays at 10am. Drop-in seminar topics include healthy coping, managing anxiety and depressive symptoms, problem-solving, setting healthy boundaries, managing negative thoughts, combating self-criticism, and building positive emotions.

Relaxation and Resource Room
The Counseling Center’s Resource and Relaxation Room provides a variety of materials to students, faculty and staff. There is a FREE massage chair, light therapy box, coloring station, as well as relaxation CD’s and DVD’s. Drop by Lucina Hall, Room 310-C Monday-Friday 8am-5pm. No appointment needed. Free of charge!

Resource and Relaxation Room Interns
We need you! We are looking for students to volunteer or intern in the Counseling Center Resource & Relaxation Room for Fall Semester 2019. Complete and return the application (www.bsu.edu/campuslife/counselingcenter/resourceroom) to Lucina Hall 310-C.

WellTrack is an online self-help tool that promotes mental wellness on campus. Visit bsu.welltrackapp.com/signup and sign up using your @bsu.edu email address.